CHAPTER **7**

The Physical Education Profession

Questions

- **Describe what a physical education teacher looks like.**
- **What are the positives of being a physical education teacher?**
- **Did you have a favorite teacher?**
- **What are some challenges of being a physical education teacher? What are you nervous about?**

Objectives

- **Differentiate the narrow and broad conceptions of physical education.**
- **Understand the role/contribution of physical education programs to the national health objectives.**
- **Understand the role of physical educators as campus-level physical activity leaders.**
- **Identify the roles and responsibilities of physical educators.**
- **Know the standards of practice for physical educators.**
- **Know how certification is achieved for adapted physical education**

What Is Physical Education?

- **Does physical education only happen in schools?**
- **Do other programs provide the same opportunities as school-based physical education?**
- **Physical education as a subject**
- **Physical education as a process**

The Physical Education Teacher

- States vary license or credential requirements
- Most require undergraduate degree in physical education
- Do not need a teaching license to work in community programs, but it helps

What Teachers Do

- **Plan and deliver instruction**
- **Manage students, equipment, and facilities**
- **Collaborate with peers, administration, and parents**
- **Develop professional practice**
- **Counsel students on life beyond physical education**
- **Represent school and profession**

A Day in the Life

- **What do you think a typical day looks like for a physical education teacher?**
- **Are there differences between elementary and secondary teachers?**
- **Are there expectations for physical education teachers outside of normal class time?**

Teaching as Part of a Team

- **Some schools have large departments in which teachers work with colleagues.**
- **Smaller schools might not have departments or resident physical education teachers.**
- **Professional learning happens in community.**
  - **Within the school to problem-solve and deliver effective content**
  - **Within a district or region to support individual teachers**

Preparing to Be a Teacher

- **Individual states determine regulations to obtain teaching license or credentials; national standards guide decisions.**
- **Teacher education programs at universities and colleges follow state guidelines.**
- **Teachers must learn how to combine theory and application (content knowledge and pedagogical content knowledge).**

Differences Between States

- **Level of certification**
  - **Some states differentiate elementary (K-5) and secondary (6-12) qualifications.**
  - **Some are valid for K-12.**
- **Type of certifications; getting certified in multiple subjects**
  - **For example, physical education and health education combined**
- **Amount of field experience varies in number of hours and grade-level requirements**

National Standards for Initial Teachers

- **SHAPE America's National Standards for Initial Physical Education Teacher Education outlines outcomes for university and college programs.**
  - **Content and foundational knowledge**
  - **Planning and delivering instruction**
  - **Effective class management**
  - **Assessment of student learning**
  - **Professionalism and growth**

Certification for Adapted Physical Education

- **Individuals with Disabilities Education Act (IDEA) mandates that children with disabilities receive physical education services from qualified persons.**
- **Some states have more defined criteria.**
- **Adapted physical education requires specialized training and experiences; modifications are needed to support least restrictive environment.**

Physical Activity Leaders

- **Physical education alone is often insufficient to provide adequate daily physical activity.**

- **Comprehensive School Physical Activity Programs**
  - **Quality physical education**
  - **Before, during, and after-school**
  - **Engages families and communities**

- **Physical activity leaders provide additional access to and opportunity for all students to engage in physical activity at school.**

Technology in Physical Education

- **Can support or detract from physical education**
- **Productivity technology**
  - **Course management systems**
  - **Online content**
- **Support student learning**
  - **Wearable devices to monitor physical activity**
  - **Smartphone applications**

Activity

- **Discuss why physical education is valuable in schools and in out-of-school programs.**
- **What makes an effective physical education teacher?**
- **Explore certifications or requirements needed to become a physical education teacher.**

Summary

- **Physical education can occur in different settings, primarily in schools.**
- **A central goal of physical education is the promotion of physical activity (i.e., active motor play in the form of dance, sports, fitness, outdoor pursuits).**
- **Preparation as a teacher varies by region.**
- **Tasks/Assignments:**
- **Next Class:**